



TAMPA GENERAL REHABILITATION CENTER PAIN MANAGEMENT AND HEADACHE PROGRAM

OUTPATIENT EDUCATION NOTEBOOK

This notebook is provided for your use as you participate in the Pain Management and Headache Program. Please take time to read the information in this introductory packet. It will answer many questions you may have regarding your stay and participation in the Program. Different members of the team will be giving you written information and handouts to add to your notebook. This notebook is yours to take home. It will help you if you have any questions after discharge. A list of community resources is also included in this notebook.

REMEMBER

- * Read your notebook
- * Take your notebook to all therapies and classes
- * Use dividers provided to organize your handouts and notes according to discipline for easy use and reference

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LOCATION

The Pain Management and Headache Program is located at the Tampa General Rehabilitation Center at 6 Tampa General Circle on Davis Islands, Tampa, Florida.

MISSION STATEMENT

To provide efficient, coordinated, comprehensive, interdisciplinary treatment for the effective management of all forms of chronic pain with the ultimate goal of returning participants to a more independent, active, productive and healthy lifestyle.

PHILOSOPHY

Chronic pain is generally defined as pain that continues beyond normal tissue healing. In most cases, chronic pain is not dangerous but it is real pain and not "in your head".

We believe that individuals in chronic pain continue to experience pain because of many factors. This is not their fault nor is it due to any personal, physical or psychological shortcomings. We believe that blaming oneself or others is of no value in managing chronic pain.

As human beings, we are all vulnerable to the horrible and frustrating experience of chronic pain. We were not born with the skills to manage this type of pain. We must learn them.

One of the most frustrating aspects of experiencing chronic pain is the feeling that others do not understand or believe that one is in pain. Be assured that we know you are in pain and that your pain is real.

We want very much to help you learn to manage your pain. A holistic approach is taken with our primary focus of teaching you skills to manage your pain and improve the quality of your life. Medications are minimized and include only those necessary to enhance or maintain function. We do pledge to do our best to teach you the skills necessary to manage your discomfort and reduce your dependence on drugs or inactivity that has restricted your life to this point.

Initial Evaluation

Your first day will consist of evaluations by a team of the following professionals: physician, nurse, psychologist, physical therapist, and a biofeedback therapist.

The team will review your goals and determine if the Program is appropriate for your needs. You will be notified of the results of the interdisciplinary care conference on Tuesday morning. Your treatment plan, goals and estimated length of stay will be discussed with you at this time. If the program does not meet your needs we will provide you with alternative treatment options.

Length of Stay

Your length of stay in the Program will depend on your particular needs and progress. The typical length of stay for participants in the Pain and Headache Program is one to three weeks.

TREATMENT TEAM

Your treatment team is comprised of a physician, rehabilitation nurse, psychologist, physical therapist, biofeedback therapist, rehabilitation therapy tech and the program manager. Other disciplines may include integrative medicine, pharmacy, recreation therapy and pastoral care.

Medical Management

The Medical Staff of the Tampa General Pain Management and Headache Program is composed of a team of physicians with extensive experience in pain management. The physicians may be neurologists, physiatrists or anesthesiologists.

Medication management including IV administration for participants is ordered by and discussed with your physician.

You are encouraged to openly discuss your questions or concerns regarding medical management with your physician or nurse.

Nursing

The nurses in the Headache and Pain Management Program have specialized training in the rehabilitative aspect of pain. The nurses will be following your daily progress in the program. They will coordinate your care with therapies and the medication management aspect of your program.

Nursing will review your medication use. They will instruct you with any changes that need to be made. They will assist you in planning your daily medication and your discharge medications.

You may be ordered to receive IV therapy by your physician. IV therapy is medication given directly into your vein. The nurses will administer this to you as ordered by your physician. If you are to have an IV, it will be marked on your daily schedule. These medications are designed to have their affect over time and are one part of the treatment plan. In other words, they do not have an immediate effect.

Psychological Services

During your evaluation for treatment in the Pain Management and Headache Program, you will undergo a psychological evaluation. You will be asked to fill out several questionnaires that will help you and the psychologist understand the ways in which chronic pain has affected your life. The purpose of this evaluation is to help us better understand your needs in treatment. We do not think the pain is "all in your head" or "psychological". We recognize that pain is a stressor that can affect many areas of your life. You may request the psychologist to provide you feedback regarding the psychological evaluation results. The evaluation information is *confidential and is used in developing treatment for your benefit.

During your treatment in the Pain Management and Headache Program, you will be assigned a psychologist who will meet with you on a regular basis. They will assist you in setting individual therapy goals which will be directed toward managing stress, improving your quality of life and enhancing your pain management coping skills.

*Limits of confidentiality include insurance companies and treatment providers with a "need to know" status.

Physical Therapy

On your first day, the physical therapist will evaluate your physical mobility, flexibility, general strength, endurance, posture, walking and functional status. In addition, your therapist will work with you in setting short-term goals and discharge goals for your treatment.

The physical therapist will teach you a number of exercises and other pain management techniques to accomplish these goals. You will be amazed at:

- 1.- how out of shape you have become, and
- 2.- how quickly you can see an increase in your strength, endurance and sense of physical well-being.

Your exercise program will be individualized to your specific needs and diagnosis. We are here to work with you and to make sure you learn the techniques that are best for you personally. Be patient with your progress and your body, as it often takes time to change habits and conditions that have developed over long periods of time.

Biofeedback

Biofeedback uses computerized equipment to help you become more aware of physical changes in your body that you usually do not notice. Biofeedback signals give immediate information about biological conditions. Changes in muscle activity, skin surface temperature and emotional arousal are monitored and shown to you via signals on a computer monitor.

During evaluation, certain muscle groups will be monitored to identify levels of activity. A brief history will be taken to identify activities and situations that may increase muscle activity leading to increased pain levels. During your treatment you will learn relaxation and breathing techniques.

Program Manager

Clinical coordination of therapies, communication with the participant, support system and referral sources are the primary responsibilities of the Program Manager. Staffing outcomes, discharge plans and ongoing program supervision are also handled and communicated by the Program Manager, or designee.

REASONS FOR DISCHARGE AND DISCHARGE PLANNING

From the minute you start in the program, the therapy team will be planning your discharge. This may sound odd, but getting participants and their families prepared for discharge takes time and planning.

First you will be asked questions about what you think your discharge needs will be. The therapists may need to know about the physical environment (example, your home), the roles you have in your family and community, and the home and community activities you would like to participate in.

Next, after further exploration of your goals, the team will look at the length of stay authorized by your funding source. It is very important for everyone to be aware of any restriction or limitations your funding source has given us, so those goals can be prioritized. The team will want to focus on your primary needs if you have a limited length of stay allowed.

Sometimes you may benefit from a service provided by a resource outside of the program setting, and the team will assist in identifying this resource and provide you information.

If during your attendance in the program your discharge plans change, it is important that you notify the team as soon as possible, so your treatment can be adjusted accordingly.

OTHER REASONS FOR DISCHARGE

There is a time in the course of the program when you may reach a plateau. This is the time when improvement in function levels off and the therapists are providing more of a maintenance program rather than one where there are functional gains. This does not mean that further gains cannot be made; however, it is an indication that this phase of rehabilitation has ended. Your funding source will be reviewing the team's documentation and when they feel you have reached this point, they may not pay for your therapy.

By this point, the therapists will have set you up with a very good home program. By doing your home program and utilizing the other skills you have been taught, you can expect to continue to make progress even after you have been discharged.

Another reason for discharge would be your lack of active participation in the program. Very little progress can be made if you choose not to practice these skills at home, follow the team member's advice regarding treatment/exercises or demonstrate poor attendance. If the team notices these concerns, they will address them with you, family and the referring physician. Usually, everyone can come to an agreement on any change in treatment planning. Be assured – we want you to succeed.

Should it be determined that you would benefit from a different type of treatment program, this will be discussed with you, and family. We will provide you information for other treatment options.

GRIEVANCE PROCEDURE

It is understood that a concern or difference in opinion can occur at some time during your program. You should use the following steps to problem solve:

Step #1 - Consider a solution to correct the problem.

Step #2 – Use our “open door” policy – speak first to your therapist or nurse when possible.

Step #3 – Contact the Program Manager at 844-7958.

Step #4 – Contact the Director of Rehabilitation Services (844-7610)

Step #5 – Contact the Patient Representative (844-7249)

It is important that you make your questions or concerns known so that we can assist with a solution!

OUTPATIENT TREATMENT OVERVIEW

- 1.- On the first day you will need to arrive at 7:30 am to check in at the front desk and register. Please make yourself comfortable in the lobby, where a team member will meet you for Orientation at 8:00 am.
- 2.- You can plan on being here from 8:00 a.m. to approximately 3:00 p.m. to 4:00 p.m., Monday – Friday unless you are told otherwise. Your daily schedule will vary and is dependent on your treatment plan. You can pick up your schedule by 4:00 p.m.
- 3.- You will bring your own medications with you, as the nurses will not be providing medications. Nursing will be available to answer questions you may have regarding your medications and can provide phone numbers and addresses of nearby pharmacies should you need to refill your prescriptions.
- 4.- You will see the physician once per week. It is not necessary for you to see the physician daily. In case of an emergency, please inform any of our staff.

- 5.- Your treatment plan will be discussed each Tuesday at the team care conference and will be reviewed with you after care conference.
- 6.- You will be asked to return for follow-up visits with the physician following discharge. You will receive an After Visit Summary sheet when you leave.
- 7.- You will receive a Patient Satisfaction Questionnaire (PSQ) several days prior to discharge. Please complete this questionnaire and return in the envelope provided by your Psychologist.

Resources for Patients:

www.achenet.org

American Council for Headache Education

www.americanheadachesociety.org

American Headache Society

www.i-h-s.org

The International Headache Society

www.w-h-a.org

World Headache Alliance

www.ehf-org.org

European Headache Federation

www.ouch-us.org

OUCH - Organization For The Understanding Of Cluster Headache

www.iasp-pain.org

International Association for the Study of Pain

www.bash.org.uk

British Association for the Study of Headache

www.ampainsoc.org

American Pain Society

www.aaop.org

American Academy of Orofacial Pain

www.migraineresearchfoundation.org

Migraine Research Foundation

www.hacoop.org

Headache Cooperative of NewEngland (HCNE)

www.hcop.com

Headache Cooperative of the Pacific

www.allianceforheadacheadvocacy.org

Alliance for Headache Disorders Advocacy

American Academy of Pain Management

<http://www.aapainmanage.org/>

The American Academy of Pain Management is an inclusive, interdisciplinary organization serving clinicians who treat people with pain through education, setting standards of care, and advocacy.

American Academy of Pain Medicine

<http://www.painmed.org/>

The practice of Pain Medicine is multidisciplinary in approach, incorporating modalities from various specialties to ensure the comprehensive evaluation and treatment of the pain patient.

American Pain Foundation

<http://www.painfoundation.org/>

The American Pain Foundation's mission is to improve the quality of life of people with pain by raising public awareness, providing practical information, promoting research, and advocating to remove barriers and increase access to effective pain management.

Partners Against Pain

<http://www.partnersagainstpain.com>

Partners Against Pain is an online pain management resource for patients, caregivers, and healthcare professionals.

Power Over Your Pain

<http://www.poweroveryourpain.com/sb/index.html>

Whether you have lived with chronic pain for years or have just been diagnosed, this website will help you find the information you need to get "power" over your pain.

What is Pain Management?

<http://www.spineuniverse.com/displayarticle.php/article3336.htm>
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Back pain is a common complaint and a leading reason people seek medical care. There are many causes of acute or chronic back pain such as back strain, spinal stenosis, and osteoarthritis. But how is back pain treated? What happens if pain doesn't go away?

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